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## In the Specification

Please amend the Specification as shown below.

[0047] The plate 50 (also see Figures 7 and 8) has a flattened rectangle overall configuration having opposed faces 50a, 50b separated by edges 50c, 50d, with an inner hole 51, flanked by notches 52, or else cuts extending from the hole 51 towards the outside of the plate. More precisely, such cuts are oriented in the direction of the largest dimension of the plate 50, and they have a function linked to wheel assembling, as shall be seen hereafter. Around the inner hole 51, from the side facing towards the seat 15, the plate 50 is provided with a collar 53, which protrudes from the plate 50 itself and is housed in the seat 15. Around the collar 53, the plate 50 is preferably shaped to match the inner shape of the base 22 of the rim 12. On the other side, conversely, around the same inner hole 51, the plate 50 has a smooth conical contact surface 54 to the nipple 40, in contact engagement with the corresponding conical surface 44 of the nipple 40. Given the contact between the two conical surfaces 44 and 54, the nipple 40 is free to rotate about the axis of the spoke 13, even when the spoke 13 is tensioned. The plate 50, instead, is not free to rotate with respect to the rim 12, being shaped so as to match the inner shape of the base 22 of the rim 12. As best seen in FIG. 5, the plate 50 can be properly oriented in two positions, one as shown and a second rotated 180 degrees

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about the axis of the nipple 40. The proper orientation in either of these two positions is with the plate sides 50c against the rim sides 21 and with the plate bottom face 50b against peripheral joining zone 27.